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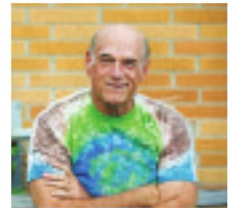
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Friday, June 16

Senator Diane Savino

NY State Senator; Medical Marijuana Advocate & Legislation Writer/Sponsor



Friday, June 16

Roger Stone

Best Selling Author, Veteran Republican Strategist for Presidents Trump, Nixon and Reagan, Long-time Advocate for Marijuana Reform



Friday, June 16

Reverend Al Sharpton

Founder and President of National Action Network, Civil Rights Leader, Best Selling Author, Cable TV & Radio Show Host



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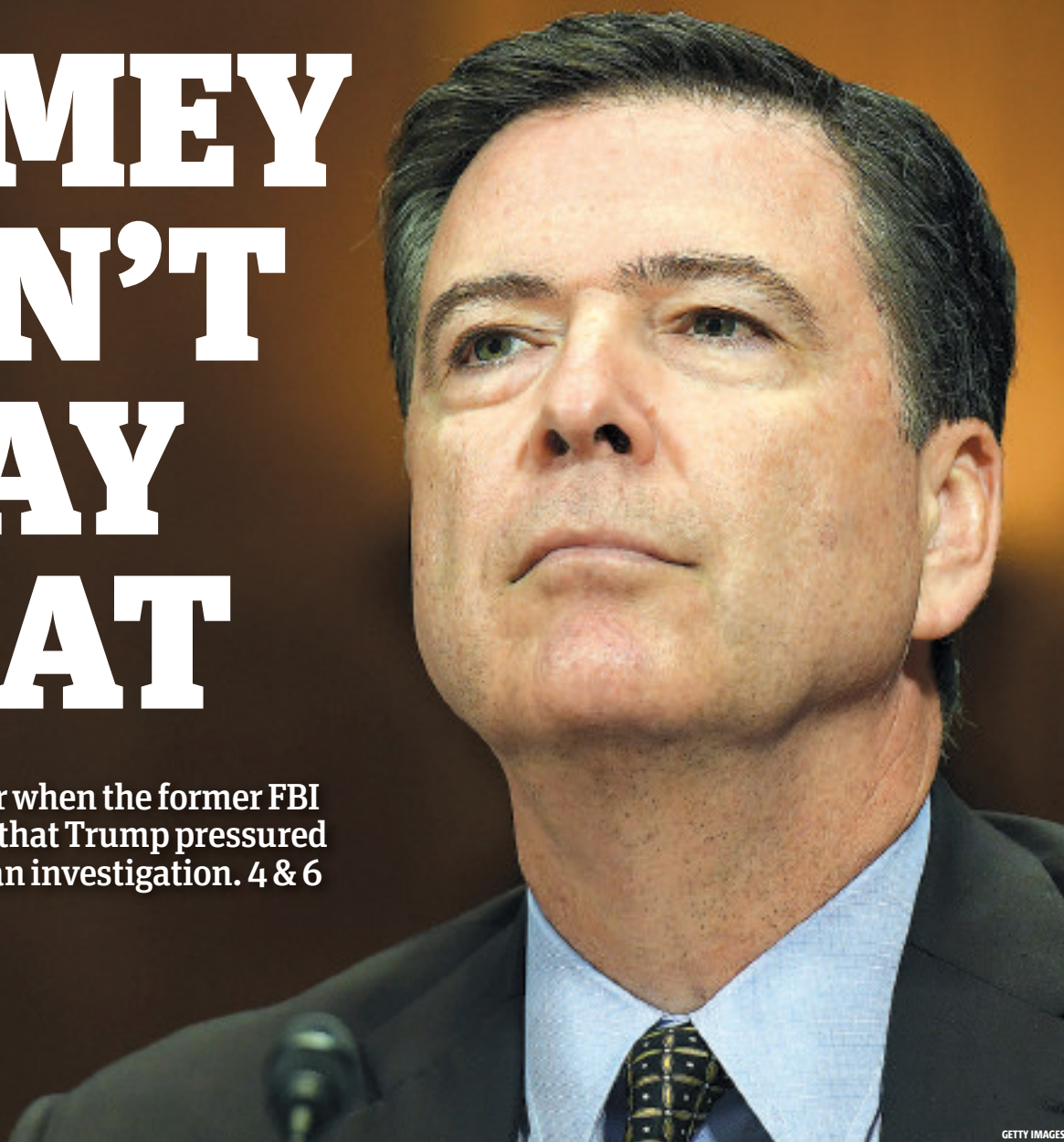
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COMEY DON'T PLAY THAT

What to watch for when the former FBI director testifies that Trump pressured him to 'let go' of an investigation. 4 & 6



GETTY IMAGES

DOJ OFFICIAL WRAY TO REPLACE COMEY

I President Donald Trump selected former U.S. Justice Department official Christopher Wray as FBI director to replace the fired James Comey. Wray, who represented New Jersey Gov. Chris Christie in the so-called Bridgegate scandal and was assistant attorney general in the Justice Department dealing with corporate fraud and financial markets cases, will need Senate confirmation to take the top job



at the Federal Bureau of Investigation. Wray served from 2003 to 2005 at the Justice Department under former President George W. Bush as an assistant attorney general in charge of its criminal division. Wray had an initial interview with the Justice Department on May 24 and met with Trump on May 30. **REUTERS**

LA SUED FOR INADEQUATE HOUSING FOR DISABLED

2 The United States has joined a lawsuit accusing Los Angeles of failing to develop affordable housing for disabled people, despite accepting millions of dollars of federal funds for that purpose, the Department of Justice said on Wednesday. The decision to intervene adds legal firepower to a whistleblower case brought by Los Angeles wheelchair user Mei Ling, and signals the govern-

ment's belief it has a greater chance of success than typical of False Claims Act lawsuits. It also follows Los Angeles' agreement last August to settle litigation by several advocacy groups by spending at least \$200 million over a decade to provide 4,000 affordable apartments for people with disabilities. The lawsuit accused Los Angeles of falsely certifying its compliance with the Fair Housing Act. **REUTERS**

TRAIN STABBINGS SUSPECT CLAIMS SELF-DEFENSE

3 The man accused of murdering two men and wounding a third on a Portland, Oregon, train was led away from a courtroom on Wednesday by sheriff's deputies as he shouted that he had acted in self defense. Jeremy Christian, 35, had stood quietly in a glass-walled holding cell in the courtroom throughout a brief appearance until its conclusion, when he blurted out that he was "not guilty of anything but



defending myself against violent aggression by Micah Fletcher," the surviving victim of the attack.

Fletcher was in court for the hearing. Christian was charged with murder in the May 26 stabbing deaths of two men who intervened on a commuter train when he shouted religious slurs at two African-American women. **REUTERS**



A NEW DAY

4 A woman walks her dog as the setting sun reflects off buildings in lower Manhattan as seen from Jersey City, New Jersey. **GETTY IMAGES**



FACEBOOK FEATURES TO BOOST CIVIC ENGAGEMENT

5 Facebook announced three new features intended to boost civic engagement among users in the United States on its platform by connecting them more easily with their elected representatives. The new offerings come as Facebook has sought to rehabilitate its image as a credible source of information following a wave of criticism after the company did too little to combat misleading or wholly fabricated political news stories during the

presidential election campaign. Among the features, Facebook will now allow users to turn on "Constituent Badges" to identify them as living in their elected officials' district. The opt-in badge will be visible when a user comments on content shared by their federal, state and local representatives. Facebook also announced "Constituent Insights," which allows elected officials and other users to find local news stories that are popular in their district. **REUTERS**

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ERIN TIERNAN, WEB REPORTER

Could language be behind escalating police violence against black men? A new study of 183 hours of body camera footage finds police consistently speak less respectfully to black community members. Find out how that's changing at metro.us/news.

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Ex-FBI chief James Comey tells senators Trump pressured him on Russia probe

Democrats jumped on the testimony, expressing concern that Trump had inappropriately meddled with the investigation.

Former FBI Director James Comey said on Wednesday that President Donald Trump asked him to drop an investigation of former national security adviser Michael Flynn as part of a probe into Russia's alleged meddling in the 2016 presidential election.

In written testimony released the day before he appears before the Senate Intelligence Committee, Comey said Trump told him at a meeting in the White House in February: "I hope you can see your way clear to letting this go, to letting Flynn go."

The testimony puts more pressure on Trump,

a Republican, whose presidency has been overshadowed by allegations that Moscow helped him win last year's election.

Some legal experts said Comey's testimony could strengthen any impeachment case built on obstruction of justice, but U.S. markets shrugged off the news from the testimony for lack of any major disclosures.

To build a criminal obstruction of justice case, federal law requires prosecutors to show that a person acted with "corrupt" intent. It does not matter whether the person succeeds in impeding an investigation.

While a sitting president is very unlikely to face criminal prosecution, obstruction of justice could form the basis for impeachment.

Comey said he had told Trump on three occasions he was not being inves-

tigated, confirming an earlier account from the president.

Trump, who spent Wednesday in Ohio talking about the need to fix the nation's crumbling infrastructure, ignored reporters' questions about Comey. On returning to the Oval Office, Trump went into a meeting with top advisers.

Later, his counsel released a statement saying Trump felt "completely and totally vindicated" by Comey's account.

"The president is pleased that Mr. Comey has finally publicly confirmed his private reports that the president was not under investigation in any Russian probe," Marc Kasowitz, Trump's attorney, said in a statement.

Several congressional committees, as well as the FBI and a special counsel, are investigating whether Russia tried to tilt last



Former FBI Director James Comey was fired by President Trump. GETTY IMAGES

November's election in Trump's favor, using means such as hacking into the emails of senior Democrats. Trump and the Kremlin have denied any collusion.

Trump abruptly fired Comey, who was leading the FBI's probe, on May 9.

Comey painted a vivid picture for senators of awkward encounters with Trump in seven pages of testimony.

Comey described a pri-

vate dinner in the Green Room of the White House on Jan. 26, where Trump asked him whether he wanted to remain FBI director, telling him: "I need loyalty, I expect loyalty."

"I didn't move, speak, or change my facial expression in any way during the awkward silence that followed. We simply looked at each other in silence," Comey said in his testimony, explaining he became concerned that

Trump was trying to create "some sort of patronage relationship."

On Feb. 14, after an Oval Office briefing on counterterrorism, Trump asked Comey to stay behind, dismissing Attorney General Jeff Sessions and his son-in-law Jared Kushner, who lingered, and waving off Priebus, who peeked through the door.

"When the door by the grandfather clock closed, and we were alone, the president began by saying, 'I want to talk about Mike Flynn,'" Comey said in his testimony.

Trump had fired Flynn the previous day in a controversy over contacts between the retired general and the Russian ambassador to the United States. The FBI has been investigating Flynn as it looks into allegations of links between Russia and the Trump campaign.

REUTERS

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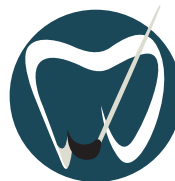
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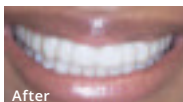
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Comey's written accounts of Trump meetings depict tense encounters

Former FBI Director James Comey will say on Thursday that President Donald Trump asked him to "see your way clear to letting this go," referring to the investigation into former national security adviser Michael Flynn, according to a copy of his opening remarks posted online.

"I felt compelled to document my first conversation with the president-

elect in a memo," the testimony notes stated on the Senate Intelligence Committee's website. "To ensure accuracy, I began to type it on a laptop in an FBI vehicle outside Trump Tower the moment I walked out of the meeting. Creating written records immediately after one-on-one conversations with Mr. Trump was my practice from that point forward. This had not

been my practice in the past. I spoke alone with President Obama twice in person [and never on the phone] — once in 2015 to discuss law enforcement policy issues and a second time, briefly, for him to say goodbye in late 2016. ... I can recall nine one-on-one conversations with President Trump in four months — three in person and six on the phone."

Another part reads:

"He then said, 'I hope you can see your way clear to letting this go, to letting Flynn go. He is a good guy. I hope you can let this go.' I replied only that 'he is a good guy.' ... I did not say I would 'let this go.'"

According to reports, Comey told Attorney General Jeff Sessions that he did not want to be left alone with Trump that meeting, believing Sessions should protect the

FBI from any interference by the president.

"On the morning of March 30, the president called me at the FBI," Comey wrote on page six of the seven-page document. "He described the Russia investigation as 'a cloud' that was impairing his ability to act on behalf of the country. He said he had nothing to do with Russia, had not been involved with hookers in

Russia, and had always assumed he was being recorded when in Russia. He asked what we could do to 'lift the cloud.' I responded that we were investigating the matter as quickly as we could, and that there would be great benefit, if we didn't find anything, to our having done the work well. He agreed, but then re-emphasized the problems this was causing him."

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COMEY'S BIG MOMENT

You have your popcorn. You've loaded up on Sour Patch Kids. Maybe you even have a frosty soda ready so you won't have to step away from your big-screen plasma and miss a moment of James Comey's testimony before the Senate Intel Committee. After all, the fired FBI Director is going to be hotter than "Hamilton" for at least a few hours. But it occurs to you: "Wait! I don't know what to look for!"

Fear not. Here are the three key questions of the day.

1) Did President Trump pressure Comey to drop the Russia investigation? The White House says of course not. But according to Comey's prepared opening statement at one meeting, President Trump spoke about the part of the investigation aimed at now-dismissed National Security Adviser Michael Flynn. "I hope you can see your way clear to letting this go, to letting Flynn go," the president allegedly said while talking about his need for "loyalty." Democrats will want a lot of details about this and subsequent events so they can ask whether Comey felt it was obstruction of justice. Because if he says yes, that's a paving stone toward their distant dreams of impeachment.

2) But if it was obstruction, why didn't Comey speak up? This is likely the Republican line of attack. Watch for them to flag the fact

TOM FOREMAN Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."



that even though Comey took notes, he did not call out the president's actions at the time. Rather, most of this emerged after Comey was fired and the president had accused him of doing a poor job. For some GOPers, the goal is clear: pin a name tag on Comey that says "untrustworthy, disgruntled former employee."

3) All of that aside, was anyone making borscht with the Russians? Remember, this whole mess started with the idea the Russians were meddling with the election. Comey is generally cagey with info about investigations (Hillary's emails aside) but keep your ears open. If he hints at collusion between anyone on Team Trump and the Kremlin, it will send a shock wave down Pennsylvania Avenue hard enough to rattle the White House china.

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TODAY!

Former US intelligence head: Trump's Russia scandal is worse than Watergate

James Clapper described America sharing intelligence with Vladimir Putin as "very problematic."

Most of President Trump's actions since taking office have been, in his word, "unprecedented," leaving political observers at a loss for words. When assessing the Russia scandal, most tend to reach for

one parallel: Watergate. But on Wednesday, former Director of National Intelligence James Clapper went one further — he says the situation is worse.

"I lived through Watergate. I was on active

duty then in the Air Force, I was a young officer — it was a scary time," Clapper told Australia's Press Club. "I have to say, though, I think if you compare the two, Watergate pales really in my view

compared to what we're confronting now."

Clapper served as director of national intelligence under President Obama, until Trump took office in January. In tweets earlier this year, Trump likened American intelligence agencies to Nazis.

Clapper went on to describe America sharing intelligence with Vladimir Putin as "very problematic" and referred to Trump's decision to fire FBI boss James Comey as "egregious and inexcusable." He excoriated Trump's sharing of classified intelligence with Russian officials during an Oval Office visit last month, calling it a "complete disregard for the independence and autonomy" of

the FBI, which reflected "either ignorance or disrespect."

On Thursday, former FBI Director James Comey will testify before Congress, following press reports that Trump pressured Comey to back off the Russia investigation, that Comey kept detailed memos of their interactions, and that Comey felt uncomfortable being left alone with the president.

In his remarks before the Press Club, Clapper called Comey "a personal friend and a personal hero of mine."

Comey's testimony will be covered live by all three TV networks, and commentators have described it as the most anticipated public testimony since Watergate.

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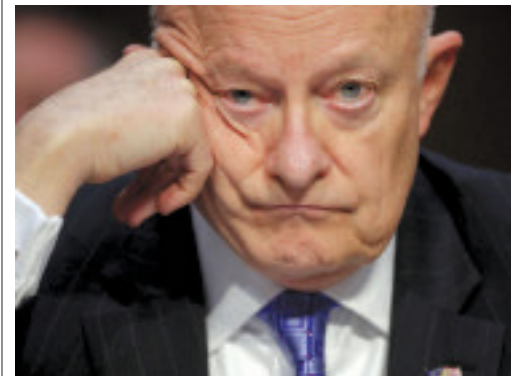
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James Clapper served as director of national intelligence. GETTY IMAGES

POLITICS

Bars throwing 'covfe' parties for televised Comey testimony

U.S. bars are offering \$5 Russian vodka drinks, "impeachment" cocktails and free drinks with every presidential tweet to draw crowds on Thursday to watch fired FBI Director James Comey's televised testimony to Congress.

Television "watch parties," typically hosted for sporting events and awards shows, are planned at homes and bars across the country for Comey's 10 a.m. EDT appearance before the Senate Intelligence Committee.

During "the Super Bowl of Washington," as it was billed by the Axelrad Beer Garden in Houston, the former director will testify that President Donald Trump tried to get him to scale back the agency's investigation into Russia's alleged

interference in the 2016 U.S. presidential election.

"Join us for an early morning beer and engage in friendly debate with fellow patrons," a post on the Axelrad Facebook page said. The bar also is serving a drink called the impeachment.

In Washington, Shaw's Tavern was one of several bars promising to open its doors a half hour before Comey begins speaking, with a \$10 "FBI" breakfast special. In this case, FBI stands not for Federal Bureau of Investigation but French toast, bacon and ice cream.

"Grab your friends, grab a drink and let's COVFEFE!" the tavern said on Facebook, referring to a truncated Trump tweet last week with that word that left some people scratching their heads. REUTERS

AG: 'Taxi King' bilked millions from state, MTA



Many New York City cab rides are subject to a 50 cent surcharge that is to go to the MTA. METRO FILE PHOTO

A city taxi fleet owner failed to give New York more than \$5 million in taxes that should have gone to the MTA.



NIKKI M. MASCALI
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The operators of a New York City taxi fleet allegedly cheated the state and beleaguered MTA out of millions of dollars in cab surcharges, officials said.

Evgeny A. Freidman and Andreea Dumitru of Taxiclub Management Inc. were arrested Wednesday and charged with four counts of first-degree criminal tax fraud and one count of first-degree grand larceny for failing to turn over \$5 million in 50 cent surcharges that were to go to the MTA, Attorney General Eric T. Schneiderman announced.

The alleged theft occurred between 2012 and 2015, and the pair are accused of improperly filing or failing to file returns, filing false returns and not remitting the surcharge known as the "MTA Tax."

If convicted, Taxiclub

Management Inc. CEO Freidman, aka the "Taxi King," and Dumitru, the company's chief financial officer, face up to 25 years in prison.

"The 'Taxi King' built his empire by stealing from New Yorkers — pocketing money that should have instead been invested in our transportation system," Schneiderman said in a statement.

During the time of the alleged theft, Taxiclub Management Inc. held more than 800 medallion taxicabs in Manhattan, Woodside, Brooklyn and Long Island City.

In a separate investigation in 2013, the AG's Labor Bureau ordered Freidman and four of his medallion management agencies to pay more than \$275,000 in fines and damages for failing to properly pay drivers. The Manhattan resident also had to hire a third-party monitor to make sure he was in compliance with the city's Taxi & Limousine Commission on driver-related issues.

Freidman and Dumitru of Sunnyside, Queens, were arraigned in Albany County Court on Wednesday. Their bail was set at \$500,000 and \$400,000, respectively.

POLITICS

US spy agencies probe another flank in Russian hacking

Russian hacking of the 2016 U.S. election included sophisticated targeting of state officials responsible for voter rolls and voting procedures, according to a top secret U.S. intelligence document that was leaked and published this week, revealing another potential method of attempted interference in the vote.

The month-old National Security Agency document

outlined activities including impersonating an election software vendor to send trick emails to more than 100 state election officials. Analysts at the NSA believed the hackers were working for the Russian military's General Staff Main Intelligence Directorate, or GRU, according to the document.

The document's publication on Monday by The Intercept, a news outlet that focuses on security issues, received particular attention because an

intelligence contractor, Reality Leigh Winner, was charged the same day with leaking it.

U.S. intelligence agencies have previously said the Kremlin tried to influence the election outcome in favor of Republican candidate Donald Trump through leaks during the campaign of hacked emails from Democratic Party officials, aimed at discrediting Democratic candidate Hillary Clinton.

The new revelations suggest that U.S. investigators are also

still probing a more direct attempt to attack the election itself, and a federal official confirmed that is the case.

However, there is no evidence that hackers were able to manipulate votes or the vote tally.

The document says at least one employee of the software vendor had an account compromised but does not cover whether any of the elections officials were also successfully compromised.

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NY City - If you are reading this, I know a few things about you.

First, you suffer with knee arthritis pain.

And that pain is having a dramatic affect on your life.

The pain not only stops you from doing simply things like getting up and walking without discomfort...

It makes your entire life miserable.

Life's just not worth living this way

I also know you have tried many things.

Pain pills, steroid shots, exercise and probably some "wonder cures" you saw advertised on tv or the internet.

None of it worked

And every time you got your hopes up just a little, you were just massively disappointed. Again.

Because of this, you are skeptical. Very skeptical. And you deserve to be.

Because nothing is more depressing than living in constant pain and...

Not getting any REAL answers

You might even be faced with getting knee replacement surgery.

This is a scary thought. Am I right?

No one wants knee replacement surgery. And, even though it has advanced considerably in recent years, it is still a MAJOR procedure with a lot of painful rehabilitation... and risk.

And, although some people need knee replacement surgery... many who think

they do... do not.

I think we can agree... it should always be the last resort. And it should not be done if there is a better option.

Now that we know each other a little better, let me ask you this...

After all you have been through, are you still open-minded enough to try a new and revolutionary knee arthritis treatment...

If it could help you... and...

And probably best of all...

what if this treatment that used to be WAY out of your price range is now affordable by just about anyone.

Sounds too good to be true?

It sure does.

But it's true, and in just a moment I'm going to prove it to you.

And with that proof, you will discover new hope for your knee arthritis pain that might change your life... in as little as 30 days.

I don't know about you... but that's a lot of dough for average folks!

Now for something you do not know...

Thankfully, medical technology changes fast. And with these advances, doctors should and can charge much less for certain procedures...

IF THEY REALLY WANT TO HELP PEOPLE.

That's why a medical clinic located in New York, NYC Pain MD, has been absolutely



Revolutionary Arthritis Treatment? Your own fat cells are prepared in proprietary method creating tiny units of just a few fat cells surrounding *Mesenchymal* Stem Cells which have the ability to wall off inflammation and morph or change into new cells that are believed not only to heal but possibly promote new tissue growth when these *Lipogems* are carefully placed into your arthritic, painful joint. This is not like typical fat based stem cell procedures. There is no surgery or hospitalization and all the procedures are done under hi-tech imaging in our convenient in-office procedure suites.

If you could afford it?

I bet you are. That's why you are still reading. Right?

Well, what if there actually was a real medical treatment... that could help YOU.

Even better... what if there was a super advanced treatment the rich and famous (and professional athletes) have already been using... that actually has the potential to not only eliminate your knee arthritis pain... *but possible heal it.*

Here's what this is all about:

I'm sure you've heard about stem cell therapy and the reports of how wonderful it is.

Everyone has.

I'm sure you also know that rich celebrities and athletes have the money and connection to get treatments the "average Joe" can't.

It's not fair... but it's just the way it is.

For example, some medical clinics charge over \$10,000 per procedure... and insurance does not pay.

FLOODED with knee, hip and shoulder arthritis sufferers.

They are offering a very advanced Lipogems cell procedure for arthritis and joint pain *at a price almost anyone can afford.*

And once the word got out they often were getting over 100 calls a day!

Excited? You should be. Because this is a real medical procedure that can possibly end your pain and suffering and give you your life back.... at a reasonable fee you

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Medical News Alert: Not Just For The Rich And Famous Anymore Finally Available In NYC...At Prices Almost Anyone Can Afford

can afford.

I told you this was going to be good. Really good.

What Exactly Is This Special Procedure?

Glad you asked.

The procedure is called "Lipogems" and here's how it can possibly help you.

An Italian surgeon, Dr. Carlo Tremolada discovered a revolutionary way to naturally prepare stem cells and treat knee and many

The best part is the results. After the stem cells are placed into the arthritic joint... they begin to do their "magic" within 5 to 10 days.

These stem cells (MSCs) stop inflammation and begin to heal the arthritis pain.

Let's be clear about this:

There is no drug or surgery that even comes close to doing what Lipogems cells (MSCs) can do when done precisely.

It even gets better... for you...

You know, you're obviously really serious about finding an answer to your arthritis joint pain, possibly eliminating the pain and finally living and enjoying the life you really want... and I just want to take a moment to acknowledge you for that.

Most people never put aside their well deserved skepticism and take the time to educate themselves the way you have.

You are reading this admittedly lengthy

are invited in for a risk free no-obligation screening.

During this screening you will get a chance to ask questions and find out if you are a candidate for this advanced medical treatment - and what your best options are.

The screening is completely free and without obligation.

After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

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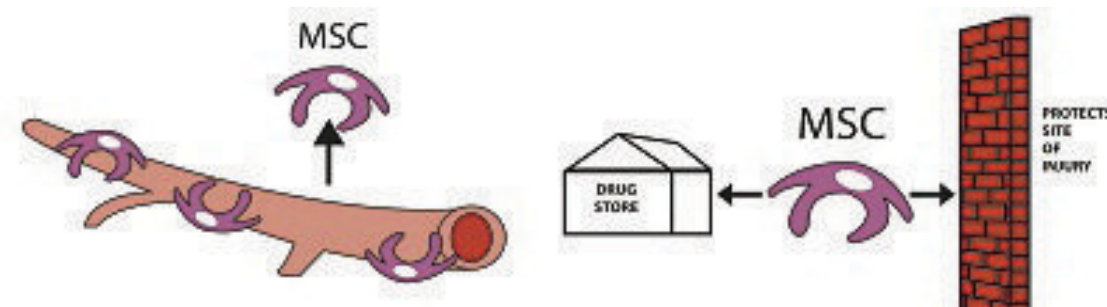
The worst thing that can happen is you find out you do not qualify and this treatment is not for you.

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If it is worth a small amount of your time - call us at: 800-589-8160.



Stem Cell "Magic" Not Just For Rich and Famous Anymore? When injury and diseases such as arthritis occur, MSCs (a type of stem cell) come off blood vessels and (1) protect the site of injury and (2) produce the exact amount of healing chemistry or "natural drugs" necessary to safely heal the injury. Hopefully, you can look forward to avoiding surgery and getting off the toxic medications.

other arthritis ailments.

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This is a very unique procedure that some experts feel is superior to others (like bone marrow) because of the number and quality of stem cells (MSCs)... not to mention doctors do not have to punch a hole in your bone. OUCH!

The doctors at *NY Pain MD* where *personally* trained in this Lipogems procedure by it's founder and leading expert, Dr. Carlo Tremolada.

They are getting incredible results with this cutting-edge medical procedure... and now... if you qualify... you can see if this treatment of the future can help your joint arthritis pain... right now.

And, obviously, for MUCH less than the \$10,000 others charge.

message and you really have the commitment and determination to do this now.

That's another reason why you're perfect for this

It's specifically for people like you are open minded and took the time to get educated and who want to finally relieve their arthritis pain... because this treatment can possibly do that for you.

So, Here's What To Do Right Now

If you would like to find out if *Lipogems* can help you - you



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Mass. dispensary creates marijuana-infused pizza

The pot pie is a way to integrate medical marijuana seamlessly into patients' lives, the dispensary said.

The most ubiquitous marijuana edible is, of course, the brownie, but for patients visiting a nonprofit dispensary in Quincy, Massachusetts, there's a more savory option: pot pizza.

Ermont Inc. unveiled this week the new edition to its edible menu. The 6-inch cheese pizza comes frozen and infused with 125 milligrams of the dispensary's own THC distillate.

"We are pleased to offer a new, more appetizing way for our patients to alleviate pain and discomfort," Jack Hudson, CEO and founder of Ermont, said in a statement. "The combination of a food

as popular as pizza with the medicinal benefits of marijuana represents an important milestone in the evolution of our high-quality marijuana-infused products menu."

Ermont's edibles team, composed of operations manager Seth Yaffe, cannabinoid-infusion consultant Adam Gendreau and chef Keith Brooks, developed the pie. It's not the first unexpected edible Ermont has created, either.

The dispensary opened in October 2016, and along with fruit chews, muffins and lozenges, it offers hot fudge, peanut butter and pub cheese all laced with THC. Around the Super Bowl, the menu featured marijuana mac and cheese, queso dip and even hot sauce.

"We wanted [our edibles] to be something that, first, took our patients' minds off of medicine. We have patients taking



Ermont dispensary created this marijuana-infused frozen pizza.
PROVIDED BY ERMONT

tremendous amounts of pills," he said.

The idea of providing savory edible options helps marijuana-as-medicine be "better able to fit a normal day-to-day experience," he added. Most edibles are sweet, but some patients don't want to be eating candy or brownies all day long to get their doses.

There are a few medicinal benefits to eating a pot pizza rather than smoking a joint, as well. Yaffe said that edibles provide a longer-lasting effect of the THC, to alleviate pain and discomfort for a longer pe-

riod of time.

The personal pizza is also one of the first edibles designed as a full meal rather than a small snack or lozenge.

"For a lot of patients, eating, in general, is tough — if they're coming off chemo or dealing with nausea," Yaffe said. "To have a couple of bites of something and get that feeling of relief from the nausea, having an appetite then they have something that they can continue to eat — that's why we thought the pizza was a good idea."

To Ermont, it's about truly integrating this medication seamlessly into people's lives. Of course, the pizza tastes good too, Yaffe said. "Not only are patients excited to have a medicated pizza, but most say it's better than any frozen pizza they've had," he said. He added that he has tried it and agrees. KRISTIN TOUSSAINT

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Here's how your drinking habit is making you stupid

Yes, we're talking about those two glasses of wine you have each night.

Gone are the days of doctors saying a glass of wine is good for your health — a new study suggests even moderate drinking can be bad for the brain.

It has long been known that heavy drinking has a deleterious effect on the brain and is linked to dementia and Alzheimer's, but moderate drinking was thought to actually be protective of the brain, particularly for people with diabetes, stroke or chronic pain. But, no more. Last month, a study linked a glass of wine a day to an increased risk for breast cancer, and a study published Wednesday in the BMJ has found that even moderate drinking — 14 to 21 units per week — can lead to hip-

pocampal atrophy, a form of brain damage that can impact spatial awareness and language skills and is associated with various forms of dementia.

"Alcohol consumption, even at moderate levels, is associated with adverse brain outcomes including hippocampal atrophy," the study concluded. "These results support the recent reduction in alcohol guidance in the U.K. and question the current limits recommended in the U.S."

A "unit" of alcohol is considered to be 10 milliliters or 8 grams of pure alcohol. The typical beer or glass of wine contains about two units of pure alcohol. For those of you who already have too much hippocampal atrophy to do the math, in this case "moderate" drinking means seven to 11 drinks per week — that's less than two drinks per night.



Drinking, even moderately, might be worse than you thought.
BILLY BECERRA, METRO

While the effects were much more severe in the brains of heavier drinkers — people who consumed more than 15 drinks per week — the study is the first to suggest that moderate drinking might not only not have protective effects, but might actually be harmful to the brain.

"We were surprised that the light-to-moderate drinkers didn't seem to have that protective effect," study co-author Dr. Anya Topiwala, a clinical lecturer in the Department of Psychiatry at the

University of Oxford, told CNN. "These are people who are drinking at levels that many consider social drinkers, so they are not consuming a lot."

Good news for the light drinkers though. Researchers found people who had a small glass of wine a night (up to seven units a week) didn't have any significant differences in brain health from the abstainers.

To understand the effects of long-term alcohol use on brain health, researchers relied on the Whitehall II study, which tracked disease and social behaviors in a group of British civil servants for 30 years.

Though researchers agreed the findings certainly merit further study, they don't intend to scare off drinkers — a lot of other factors, including nutrition, can also contribute to mental decline. **ERIN TIERNAN**

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His alleged mistress claims he's a serial cheater.
ALL PHOTOS
GETTY IMAGES

Is Alex Rodriguez sexting someone who isn't J.Lo?

Alex Rodriguez's supposed mistress is calling him out, and oh, dear, it's a doozy.

Lauren Hunter — a 34-year-old who Rodriguez met at an Equinox in 2011 — is spilling big time about her alleged relationship with the former baseball star. The big story? That he's cheating on Jennifer Lopez.

Hunter, who is clearly very high on a cocktail of unquenchable thirst and inflated self-worth, says Rodriguez isn't even sexually attracted to Jennifer Lopez. "In bed with J.Lo, he's probably picturing me,"

she told the National Enquirer.

Besides that, we've got all the standard stuff: Rodriguez is allegedly into threesomes, voyeurism, rough sex and school-girl outfits. Just like everybody on every dating app! And, oh yeah, jealousy makes him damp in the pants area. "He likes to be jealous, it turns him on. He'll FaceTime in the gym and just want to watch me work out," Hunter says.

Considering this is the National Enquirer, I do believe we can take this all with a grain of salt.



RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

Welcome to the Real Housewives of Gilead

Are Elisabeth Moss' and Max Minghella's "The Handmaid's Tale" characters real? No. Do I want them to be? Yep.

Sure, the world of Gilead is oppressive, and I know it's more important to be focused on the bummer parts — but it's just so hard when Offred (Moss) and Nick (Minghella) have such lovely chemistry. It's like I'm watching Jamie Foxx and Katie Holmes in real time — people who are important but not that important — and it's a dang delight.

In an interview with

Elle, Moss hints that Nick and Offred might get more serious in season two. "[Offred's] in this position where she might be in love with two people.

Honestly I think she does love Nick." Tell me more, girl!

"She has a husband who she also loves, who she also now knows is alive. It's the most complicated 'Real Housewives' episode you've ever seen. The 'Real Housewives of Gilead' is gonna have a great reunion episode."

Um, I would absolutely watch that.



Elisabeth Moss talks "The Handmaid's Tale" and hot Nick.

Jerry Seinfeld doesn't want to hug Kesha, OK?

Hugs are weird. An embrace is really just bumping your body into someone else's body on purpose and then just holding it there for an undetermined amount of time. Jerry Seinfeld agrees with this interpretation, because he rebuffed Kesha's attempt at a hug so awkwardly that it is now hot news.

At the red carpet before the National Night of Laughter and Song at the Kennedy Center, the 63-year-old served Kesha, 30, a steaming hot plate of, "Girl, bye" when she went in for a hug.

"No thanks," Seinfeld said.

"Please?" pleaded Kesha.

"No thanks," he repeated, coolly.

"A little one?" Kesha asked, approaching tentatively.

"Yeah, no thanks," Seinfeld said, backing away from her like she's the dang bubonic plague.

Afterward, Seinfeld confessed to reporter Tommy McFly that he didn't even know who that was.

So yeah, if anybody sees Kesha, feel free to don a mask fashioned in the style of ol' Jerry and give her a warm, tender embrace. She needs it!



The cringe factor is sky high with these two.

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The "House of Cards" alum made a new friend while filming "Megan Leavey."



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How does Kate Mara chill? By watching depressing documentaries. The actress, 34, enthusiastically recommends "Mommy Dead and Dearest," a recent HBO documentary about a young woman who killed her mom — but only after being held captive by her for her entire life.

"I couldn't sleep for the rest of the night," Mara recalls. "It was really dark, so shocking." (For the record, she and her fiancé, actor Jamie Bell, also watch "Real Housewives of New York." "There's nothing depressing about that. It's just hilarious," she says.)

Another Mara-approved downer doc? "Blackfish,"



GETTY IMAGES

Kate Mara must love dogs



Kate Mara plays a Marine who teams up with a bomb-sniffing dog in "Megan Leavey," in theaters Friday. JACOB YAKOB, BLEEKER STREET

the 2013 film about an orca held by SeaWorld. Always stoked to join up with activist causes, the "House of Cards" alum reached out to its filmmaker, Gabriela Cowperthwaite, to talk shop and maybe work together one day.

And now they have: Mara got Cowperthwaite

the job directing "Megan Leavey," a docudrama about a real-life Marine corporal who worked with a dog named Rex that sniffed out IEDs during the Iraq War. After her tour was over, Leavey learned that most combat dogs are put down, at which point she campaigned to adopt him.

"I don't know if a lot of people are aware of what happens with military dogs," Mara says. "The dogs that protect us don't choose to do so. We can always strive to do better for them. This is just one story — and there must be hundreds similar to this — about dog Marines that need an extra bit of love and care after they come back from war."

A proud dog owner — she's said her dogs will be attending her and Bell's wedding, and as we speak on the phone, she has to audibly swat a couple of them away as they jump up for food scraps — Mara inevitably bonded with Varco, the German Shepherd who played Rex.

"There's this thing people say: 'Don't ever act with kids and dogs,'" Mara says, alluding to a line usually attributed to the peerlessly grouchy W.C. Fields. She doesn't feel that way. "I played a mom in a couple different movies over the past two years, and it was such a good experience. There's something similar in children and in dogs, where they really can't be anything but honest. They

Keeping up with old friends

Our chat inevitably turns to "House of Cards," her old hit show, whose fifth season just landed on Netflix, though she confesses she's a bit behind.

"The only thing I haven't seen is the last season, so I have to binge-watch it," Mara explains. "But everything else after my character died I watched along with everyone else, since I love the show. It's a perk to not being on a show you love: You can watch it without being judgmental of your own performance."

have to trust you; you can't fake it. And they teach you empathy and compassion."

Mara has actually not kept in touch with Varco since they wrapped. "I don't have his number. I don't know what he's up to these days," she says. "I hope he's living on a ranch and running around and just being a dog."

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Max Minghella gets us through 'Handmaid's Tale'

Flirtin' with the lawn boy from dystopian hell.



KATE MOONEY
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If you're watching "The Handmaid's Tale," you probably have a thing for Max Minghella. The 31-year-old actor has a starring role as Nick, the stone-faced, ever-brooding driver for Commander Waterford and his wife. Heading into the final episode of season one, we're still not totally sure we can trust him, but we're OK with turning our female gaze on his Eye. His clandestine affair with handmaid Offred (Elisabeth Moss) offers a temporary relief from her daily hell as a prisoner of Gilead, at least, and the steamy scenes between the two provide "a nice reprieve," as Minghella puts it, from the show's otherwise traumatic subject matter — for both the viewers and the actors.

"It could almost be in a romance novel, those scenes," Minghella says on the phone from L.A. He's driving — just like Nick! — en route to a meeting for his next project: his directorial debut, "Teen Spirit," a movie-musical from the musical producers of "La La Land" starring Elle

Fanning, which is due out in 2018. "So much of what [Elisabeth Moss] has to do is so uncomfortable and disturbing. To then be able to go into a scene where she's flirting with the lawn boy, I think is nice, you know?" he says.

The sexual tension between Nick and Offred is intense! How did you and Elisabeth Moss prepare for the scenes? Well, that's very nice of you to say. Lizzie and I had never met before we showed up to work, so we were both relieved there was a natural chemistry, which hopefully comes across on the screen. We're both kind of connected to those sides of ourselves in our own lives. I love doing romantic things. I'm a very romantic person in my own life, so it's one of the easier things to tap into.

I read that you're not a very political person. Yet you're starring in a show with such political heft. How does that work? I'm just not a political person. I'm



GETTY

not informed enough to talk about it. I always feel like I'm the wrong person to ask, because I'm so aware of my lack of education, which is not a good thing. When I read the script, it was in a very different political context, in terms of the world we live in. It was far

ahead of this administration. The elements I responded to most and kept me engaged were much more to do with the emotional narrative, than anything else. Also, I play a character, who I always felt was slightly less intellectual than the rest of the story. In a nice way, my stuff is lighter in tone that the other stuff we're looking at.

In Episode 8, "Jezebels," we finally get some of Nick's back story, pre-Gilead. Can you talk a bit about who you think he was before? What was useful about it was to see Nick is not

the person he presents himself to be in Gilead. I think he's a much more vulnerable person. He's forced to shield and disguise so much of his emotionality in order to survive. I hope that getting a quick peek at where he came from helps the audience see the humanity.

Watching "Jezebels," I wondered, maybe Nick is just a f—kboi? We learn that he slept with a cook at Jezebel's. When he breaks it off with Offred, under the guise of, "Oh, it's too dangerous," maybe his ego was wounded after seeing her cavorting

with the commander. [Laughs] He's not a perfect person by any stretch of the imagination. That last scene, that exchange between June [aka, Offred] and Nick in the kitchen, when he says, "My name's Nick Blaine, I'm from Michigan," and she's like... "Whatever." [Laughs] I thought that was very funny. It's a very male mistake to think that giving such a small nugget of information about yourself is somehow a gift. I thought it revealed some kind of naivete about male and female dynamics. Made me laugh, that scene, especially when I watched it back.



Max Minghella stars as Nick Blaine, a driver for Commander Waterford and handmaid Offred (Elisabeth Moss)'s clandestine love interest. HULU

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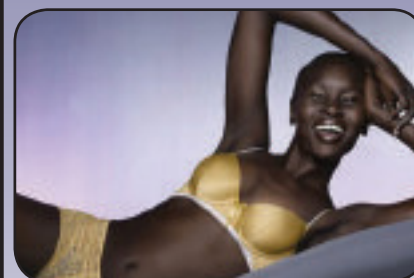
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The complex has gone from an artisans hub to housing some of the most innovative food and fun in the city.



EVA KIS
@thisiskis
eva.kis@metro.us

There's not much about Industry City that's devoted to manufacturing anymore. Once a shipping warehouse on the Sunset Park waterfront in the 1890s, the row of warehouses along Third Avenue between 32nd and 37th streets has grown into a must-do on every New Yorker's summer agenda.

Though it's been a low-key neighborhood favorite for a while, since last summer Industry City has tripled its public spaces and added tons of new attractions — games like mini golf, a concert series by Brooklyn Bowl and some of the city's hottest restaurants. It's easy and fast to get there from Manhattan, with the express N train getting you from Canal Street to IC's front door at 36th Street in three stops — let us convince you to take the trip.

Games for all ages

Don't settle for bars with backyard games when Industry City has tons of space dedicated to outdoor fun. When not booked for a band, the pit in front of the new concert stage turns into a cornhole tournament (Courtyard 1-2). An indoor ping-pong hall (Building 5) boasts seven tables to keep waits short; and then there's the new jewel of a mini golf course, with nine holes of

Industry City is your new playground

things
to do

Industry City has come into its own, with tons of new public courtyards, food options and summer events. PROVIDED

Brooklyn-themed fun featuring landmarks like the BQE and Deno's Wonder Wheel at Coney Island (yes, it rotates). *Courtyards 5-6, \$10 per round for adults, \$5 for kids up to age 10*

Movies under the stars

Beginning June 10, Industry City joins Rooftop Films' roster of venues showing a mix of indie, art house and short films, plus pre-show live music and afterparties. It's not on a rooftop, but the acoustics are bound to be amazing. *Free-\$15,*

entertainment begins at 8 p.m., Courtyards 3-4

Visit a beach bar

Chelsea's Frying Pan floating bar brought the beach to Industry City, opening a bar called The Wheelhouse (forged from an old tugboat) that looks like it was plucked from the Florida Keys. The small menu consists of seafood favorites (including three flavors of lobster roll) plus cocktails, beers (tap and can) and lots of wine, served until 8 p.m. during the week and 9 p.m. on weekends. *Courtyard 5-6*

Concerts for adults and kids

Looking to rock out? Williamsburg's Brooklyn Bowl is curating a whole summer's worth of free and ticketed shows through Labor Day. On Wednesdays (5:30-7:30 p.m.) and Saturdays (12:30-2:30 p.m.), family-friendly acts curated by The Rock and Roll Playhouse take the stage; Thursdays (7-9 p.m.) feature local acts hand-picked by the Bowl, while select Sundays (5-7 p.m.) are for world music. Also on Sunday, prepare for a

full day (1-6 p.m.) of Salsa Sunset Dancing on select nights beginning June 18. *Courtyards 1-2*

Discover one of the city's best food halls

All of Industry City's food manufacturers must offer a retail counter, but the food options have grown into a bustling food hall. New tenants include one of our Smorgasburg favorites from 2016, Kotti Berlin Doner Kebabs; the internet punchline that is avocado bar Avocaderia (joke's on you, they do good work); and an

outpost of Le Parker Meridien's hidden Burger Joint with a nice craft beer selection on tap.

After your meal, head to Moore Brothers Wine Company, where free tastings of several bottles are held almost daily. Or watch sweet treats roll off the assembly line at the picture windows of Li-Lac Chocolates. And because we know you're itching to find out what an \$18 cup of coffee tastes like, the friendly baristas at The Extraction Lab will be happy to pull you a cup (it's drip only — for now). Note that many of the restaurants close at 6 p.m. even on weekends.

Sip a totally unique vodka

Taste the only vodka made within city limits atop Building 6, where Industry City Distillery is perched. Grab a cocktail (they also brew one beer, served on tap) and take in the Statue of Liberty views of the harbor. The airy tasting room also holds events like stargazing and concerts, with distillery tours and tastings on Saturdays at 3 p.m. *Friday-Saturday, 4-10 p.m.*

Your new co-working hub

Break out of your coffeshop routine by getting to work on any of the couches, chairs or pouffs scattered across The Landing (Building 2, weekends only). Network over a game of pool or table hockey. If you're looking for a bit more comfort, try the new co-working start-up Camp David (Building 4) with lux couches, a courtyard, gym access and tons of other amenities for its community of creative freelancers.



Play Brooklyn-themed mini golf.



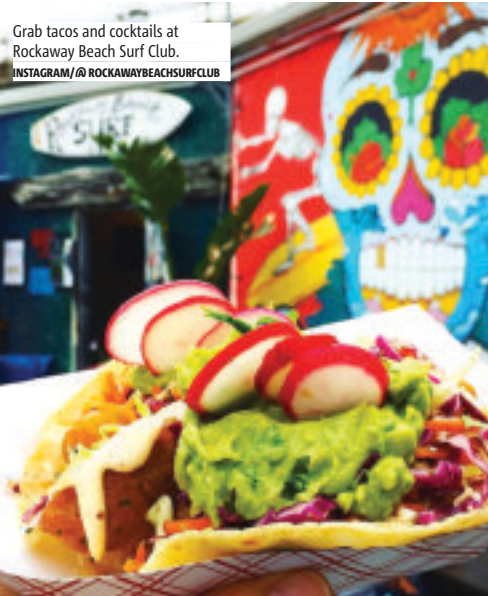
Lines are still crazy for Avocaderia.



Stop by The Wheelhouse for cocktails and lobster rolls.



Grab a cocktail at Industry City Distillery. EVA KIS



Grab tacos and cocktails at Rockaway Beach Surf Club. [INSTAGRAM/@ROCKAWAYBEACHSURFCLUB](#)

The best beach bars in NYC



Enjoy micheladas from Low Tide Bar. [INSTAGRAM/@LOWTIDEBAR97](#)

From boardwalk stands to surf shacks, here's where to grab a refreshment on a hot summer beach day.



KATE MOONEY
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Beach season is upon us. Nutcrackers sold on the sand (hush-hush) or BYO beers are great, but sometimes you want to duck off for a quick boardwalk beer or finish off a solid beach day with cocktails — frozen or otherwise — at a nearby watering hole. Here are the best beach bars to hit up this summer, from Coney Island to the Rockaways.

Rockaway Beach

Rockaway Beach has the most options for imbibing. We'll start with the boardwalk hubs: At Beach 90, you've got

Rippers, your spot for micheladas and craft beers on tap, (plus plenty of bites, including a solid burger, fish tortas and cheese fries that hit the salty spot). Down on Beach 97, hole-in-the (boardwalk) **Low Tide Bar** gets you cans and drafts, micheladas, mimosas, organic wine on tap, and a sangria slushie. Over at Beach 106, **Caracas Arepa Bar**, the seasonal outpost of the popular East Village and Williamsburg Venezuelan eatery, has frozen sangria, plus cheap cans and rotating craft beers on draft.

If you're game to head off the boardwalk and explore a bit, **Rockaway Beach Surf Club**, just a couple blocks off Beach 90, is where you can take it up a notch, cocktail-wise, with bloody marys,

margaritas and a pina colada cocktail (rum and fresh pineapple on the rocks). Out on the patio, **Tacoway Beach** does the food, offering tacos, quesadillas, chips and salsa and the like; check out their events page for upcoming art exhibitions and film series. A block off Beach 95, **Connolly's**, a beachy Irish pub, has your

frozen drinks — pina coladas and vodka pink lemonades — in styrofoam cups, if you dare take 'em to go.

Jacob Riis

If you head farther west to the more remote Jacob Riis Park, you'll find your libations at the **Riis Park Beach Bazaar**, which brings merchants and 20-odd food and drink vendors to the boardwalk every summer.

The main hub is at "Bay 9," at 16702 Rockaway Beach Blvd., about a five-minute walk west of the Riis Park memorial clock tower, but there are actually six bars set up along the boardwalk. The drink offerings span beers (domestics

and craft pours from Sixpoint and Rockaway Brewery) and wine on tap, well liquor drinks and a handful of frozen drinks, including a raspberry margarita and a vodka lemonade. Open daily from 11 a.m. to 7 p.m. Visit [riisparkbeach-bazaar.com](#) for more info.

Coney Island

You probably don't venture to Coney to actually swim (well, I don't know, maybe you do) but most days down in Coney include at least a walk on the boardwalk if not down in the sand. At **Ruby's Bar & Grill** on the boardwalk, wash down fried clams with Ruby's Amber Ale on tap. Enjoy frozen margaritas and nachos at boardwalk cafe **Place to Beach**. Off the boardwalk, over on Surf Ave., the **Freak Bar** is open most Saturdays; if you're feeling adven-

turous, stop in pre- or post-beer for a freak show from the Coney Island circus sideshow. Just down the way on Surf Ave., you'll find **Coney Island Brewery** on the ground floor of MCU Park, home to the Brooklyn Cyclones. Order their latest brews on tap, plus craft soda cocktails made from their hard root beer and hard orange cream ale.

About a mile east down the boardwalk, you'll end up in **Brighton Beach**, a much calmer enclave compared to Coney's perpetual carnival atmosphere. **Volna** and **Tatiana** are adjacent boardwalk bars where you can pair vodka, beer and wine with the likes of shrimp cocktail or smoked herring (or choose from a full menu of traditional Russian dishes, from borscht to beef stroganoff).



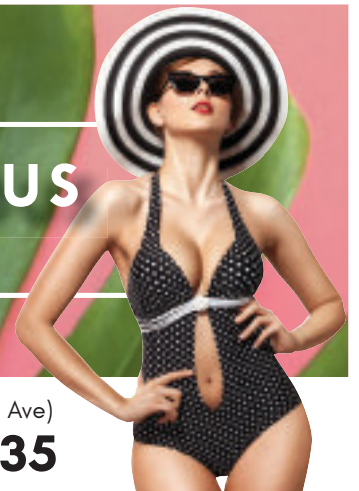
Enjoy a refreshing beer from Coney Island Brewery. [INSTAGRAM/@CONEYISLANDBEER](#)

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This showcase of New York's most talented bakers returns for its fifth year this weekend, this time with a Broadway theme. Each baker chose a show and will create towering works of edible art for a \$5,000 prize. Watch the magic happen as the cakes come together on show day, nibble your way through a cupcake bar, take hands-on classes (free and ticketed) and browse the exhibitor floor to get ideas for your next special event. **June 10-11, 9 a.m.-6 p.m., Pier 36, 299 South St., \$30-\$125, thenycakeshow.com**

ARTS

Summer Nights Burlesque Sail

You'll have plenty of great views vying for your attention between the city skyline views and the dancers undressing onstage during Summer Nights Burlesque Sail with the acclaimed theatrical group Dances of Vice. Cruise along the Hudson River on the Clipper City as performers including Agave L'Amour, Mr. Gorgeous and Cassandra Rosebeetle keep things saucy for the first of a recurring burlesque sail on the second Thursday of each month this summer. The first night's theme is Art Deco; next up are Rockabilly, Disco and Swing. **June 8, 9:45-11:45 p.m., Clipper City, Battery Slip 2, \$28-\$35, dancesofvice.com**

MUSIC

Giuda

Where Rome's Old World vibe meets the U.K.'s '70s glam scene, you get the sounds of Giuda. As part of the Northside Festival (showcasing the "future of content"), the glittering five-part punk rock band Giuda (pronounced JOO-da — Italian for Judas) plays the

Brooklyn Bazaar on Friday. Likened to Slade and T.Rex, Giuda is reviving the sexy-and-sensual grooves of glam rock's heyday. They're touring the States to promote their new release, "Speaks Evil." **June 9, 9 p.m., Brooklyn Bazaar, 150 Greenpoint Ave., \$15, bkbazaar.com**

FILM

"Grease" + Boozy Milkshake

Summer lovin' may have gotten off to a rocky start for the innocent Australian expat and the leader of the T-Birds, but milkshakes will never disappoint. At Videology's screening of "Grease" on Friday, your ticket comes with a strawberry milkshake with a shot of something you couldn't get in a '50s diner. After the movie, you also get \$2 off your next drink at the bar. **June 10, 7:45 p.m., Videology Bar & Cinema, 308 Bedford Ave., Brooklyn, \$25, videologybarandcinema.com**

SHOPPING

SVA Makers Market

Get a glimpse into the future of

the arts in every medium, from comic books to home decor, at the SVA Makers Market at the Metropolitan Pavilion this Saturday. More than 50 students from the School of Visual Art will showcase and sell their art at a daylong event that's free and open to the public. Innovation, entrepreneurialism and activism are key themes; some proceeds go to charity.

June 10, 11 a.m.-6 p.m., Metropolitan Pavilion, 123 W. 18th St., free, sva.edu

PETS

Pet Day at Coney Island

Because you want to see parrots in their pirate best when you come to Coney Island, make the trek this weekend when Deno's Wonder Wheel Park hosts its seventh annual Pet Day. Hosted by The Great Dubini, a one-of-a-kind fashion show welcomes all species to strut their stuff at 2 p.m. Deno's will even let dogs take a ride with their owners on this Ferris wheel all day.

June 10, noon-7 p.m., Deno's Wonder Wheel Park, Boardwalk at West 12th Street, free (or two cans of dog food to enter), wonderwheel.com

FOOD



Taste of Bushwick

Indie theaters like Bushwick Starr are essential to a healthy community. Next Tuesday, 50 of its culinary neighbors once again band together for a massive all-inclusive tasting; VIPs get an extra hour of sampling food and drink with live music, plus totes and other goodies. **June 13, 6:30-9 p.m., 24 Rock St., Brooklyn, \$65-\$125, thebushwickstarr.org**

DRINKS

Coffee & Tea Festival NYC Iced

New York's beanfest is back — and we're not talking about the chili cookoff. The Coffee & Tea Festival returns to the city, but this time your favorite brews will be served on the rocks, as we all make our annual swap to iced lattes and frappes, just in time to honor National Iced Tea Day on June 10. In addition to an assortment of tastings, there are also food vendors and seminars on coffee from Sri Lanka and Italy. **June 11, 11 a.m.-4 p.m., Brooklyn Expo Center, 72 Noble St., \$20-\$25, coffeeandteafestival.com**

BOOKS

Roxane Gay's "Hunger"

"Bad Feminist" Roxane Gay has just released her latest book, "Hunger: A Memoir of (My) Body." The candid biography discusses the "taboo" of food and weight and worldly pleasure, especially as a plus-size woman in modern America. Hear about it first-hand as Gay appears at BAM for a reading, Q&A and signing.

June 13, 7 p.m., BAM Rose Cinemas, 30 Lafayette Ave., \$25-\$45, greenlightbookstore.com

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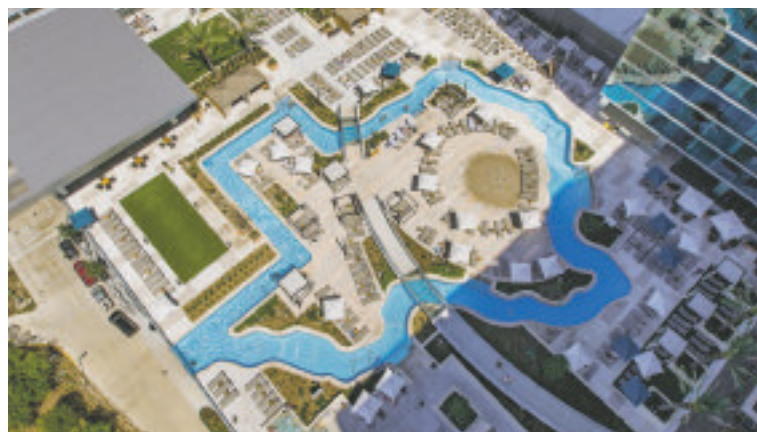
LINDA LABAN
@MetroBOS
letters@metro.us

Austin is not the only happening city in the Lone Star state. After taking a turn in the spotlight as the host of Super Bowl LI, Houston is continuing to wow visitors with offbeat art and food. Despite being America's fourth largest city, many of its attractions are clustered in special districts, making it easy to take in lots of sites.

What's new on the new food scene

Forget barbecue and Tex-Mex; Houston's hottest restaurateurs right now are chef Hugo Ortega and Tracy Vaught.

This winter, the couple opened their fifth restaurant, Xochi, in a sleek modern space where Ortega and his pastry chef brother Ruben develop intricate, earthy dishes based on traditional flavors of Oaxaca, Mexico. Moles — from classic mole negro to mole de chichatana (ant mole) — and Oaxacan street dishes are a specialty. Most ingredients are hand-



That's an epic lazy river on the pool deck of the Marriott Marquis Houston. VISIT HOUSTON

made in-house, including the chocolate, which is ground from Mexican cacao beans. Or relax at the bar with some baked oysters and the finest tequila and mezcal cocktails.

The "secret" bar trend hasn't passed this city by. Located above local favorite bar The Pastry War is the speakeasy bar-within-a-bar Tongue-Cut Sparrow — the name is inspired by a Japanese tale of greed, jealousy and friendship.

True, it feels like you're heading somewhere illicit as you enter via stairs at the back of the downstairs bar, but the tiny space (just 25 seats) steeped in Old World Americana is a formal cocktail bar. There is no food, but complimentary bar snacks are

served with the perfectly executed bespoke and classic cocktails.

See a totally distinct genre of art

The museum district concentrates Houston's 19 major institutes of art and culture in a walkable area, with special events taking place all summer long like Sci-Fi Super Powers WonderWeek at the Children's Museum of Houston, origami at the Jung Center and the latest modern art at Diverseworks.

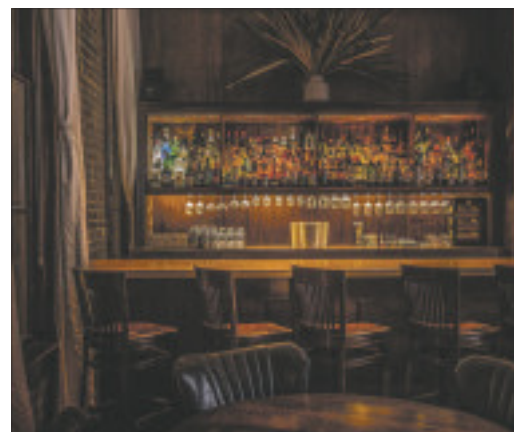
To experience something many city dwellers without a car know nothing about, take a detour to the Rice Military neigh-

borhood where, apart from the famous Beer Can House, you'll find the Art Car Museum.



Baked oysters at Xochi PROVIDED

Just past Glenwood Cemetery, where Houston notables like oil biz scion, aviator and Hollywood producer



Have a drink on the downlow at the speakeasy Tongue-Cut Sparrow. JULIE SOEFER

Howard Hughes are buried, this unique museum celebrates what is an all-American art: transforming driving machines into rolling masterpieces, like this year's new standout, the bejeweled Purple Rain car topped with a statue of Prince straddling his motorbike.

Through painstaking craft and the wildest imagination, the basic tenet of Art Cars is to return what is a mass-produced item to an individual form of expression. The museum is free and open daily.

A hotel you'll remember

The hottest new item on the essential Houston

attraction list is a swim (or inner-tube float) around Texas via the Texas-shaped lazy river on the sixth floor Parkview Terrace at the Marriott Marquis Houston, which opened in the winter.

One problem: Only hotel guests have access to the Parkview Terrace, which overlooks pretty Discovery Green park. But you can get in by booking a treatment at the hotel's gorgeous Pure Spa, which allows you entry to the 60,000-square-foot pool deck that also includes an infinity pool and a 13-person hot tub, along with the HighDive bar, cabanas and fire pits. Parkview Terrace is rightfully jammed on weekends, so just keep that tip under your recently purchased cowboy hat.



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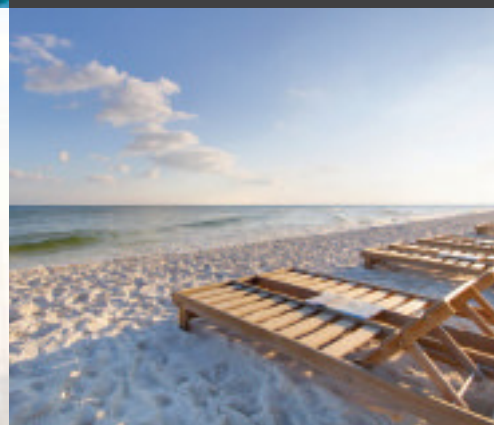
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The Scandinavian country's summertime midnight sun makes even ordinary experiences special.

Fodor's Travel

Experience a wellness cave

Famed for its sauna culture, Finland is full of wellness-minded ways to indulge your body and mind. One of the most atmospheric spas is along the shores of Lake Saimaa in eastern Finland at Jarvisdan Resort in Rantasalmi. The hotel's new Lake Spa is inside a cave built into rocks surrounding the lake and has five saunas as well as six decadent

hot soaking pools with natural rock bottoms. Cracks in the rock let natural light from outside filter into the spa, and huge timbers that are over 500 years old complete the natural aesthetic. Soak in the saunas, dip in the pools and — if you're feeling brave — finish off with a cold plunge in the lake, accessible right from the spa.

Hike with huskies

Dog sledding is an iconic Finnish wintertime activity. But even when the snow has melted in Finland you can still hang out with sled dogs. During the warmer months, from the beginning of May till late October, visit Era-Susi husky farm in Lapland

to go hiking with the resident huskies. The more than 200 sled dogs here include Alaskan and Siberian breeds. After an intro to your animal, you'll be given a belt and a leash for the dog to set out for an energetic walk along nearby nature trails ranging from two to six hours, and include a stop by an open fire for a snack.

Tee off at midnight

If golfing is your passion, you'll love the extended hours of play during the summer months in Finland, when the midnight sun lets your game linger on well into the white night. Since it never really gets dark during the Finnish summer, you can actually tee up at midnight at some

of the country's premier courses including Wiurila Golf & Country Club, Salo Golf and Meri-Teijo Golf.

Go windsurfing

Leave your bikini and board shorts back home when you dive into Finland's windsurfing culture in Hanko, a small seaside town on a peninsula southwest of Helsinki that's been called the Hamptons of Finland. And while you'll definitely need a wet suit to brave the waters here, the windsurfing and board-riding scene in Hanko is alive and kicking. Sign up for lessons at Surf Club Hanko or rent paddleboards, kiteboards and windsurfing boards if you already know what you're doing.

Camp in a tree tent

Finns, for the most part, are all about getting outside and enjoying their country's remarkable nature. So do as the locals do and spend a night camping in a tree in Nuukio National Park, a forest- and lake-filled area northwest of Helsinki. Local outfitter Honkalintu provides your tree tent as well as sleeping bags, towels, firewood, bottled water and an eco toilet, so all you have to bring is yourself. Breakfast is even served the next morning — back on terra firma.

Look for ringed seals

Finland's rarest animal, the Saimaa ringed seal, can sometimes be spotted during kayaking trips around the Lake Saimaa archipelago that leave from the quaint village of Oravi. The animals are considered the most endangered seals in the world, with just over 300 living in the lake. Five-hour guided kayaking trips into Linnansaari National Park offer one of your best shots at seeing the seals. You'll enjoy lunch by a campfire along the way and have the option to stop and swim, too.

Ride a steamship

Perched high on the banks of Lake Saimaa, Hotelli Punkaharju operates two of the world's oldest steamships that date to the early 20th century. You can step aboard the boats in the town of Savonlinna to reach the hotel on an especially scenic ride, and it's even possible to sleep onboard one of the boats where it docks at the hotel's jetty. Even if you're not spending the night in the luxury hotel or one of the rustic lakefront cabins, it's worth visiting for an atmospheric lunch

of the local specialty — a lake fish called vendace — while soaking in the sublime forest and lake views.

Opera in a medieval castle

Operas by Verdi, Mozart and Tchaikovsky take the stage in one of the world's most spectacular settings to experience a live performance during the 2017 Savonlinna Opera Festival. The venue is the three-towered Olavinlinna castle, built in 1475 and located on an island in Lake Saimaa in the town of Savonlinna. The natural acoustics of the medieval stone castle are ideal for listening to operas.



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These castles need a little love, but doesn't everyone dream of a stately manor in the Italian countryside? PROVIDED



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Fodor's Travel

What would you do with a vacant schoolhouse in Puglia or a secluded tower in Spoleto? Across Italy sit numerous un-

occupied ancient buildings, from 11th- and 13th-century castles to farmhouses — and they could be yours for free.

The country's State Property Agency and Ministry of Infrastructure and Transport are leasing 103 of these historic buildings to savvy entrepreneurs who can present a detailed plan

of how they'd convert them into tourist facilities. Once your application is accepted, leases can vary from nine to 50 years, with the option of renewing after the first nine years.

Located on bike paths as well as historic and religious walking routes, properties like a summer home along the Via

Francigena and the 11th-century Castello di Blera in Lazio (near Rome) are not exactly located in tourist destinations, which is precisely the idea. The Italian government wants to encourage tourism in more remote places rather than in overcrowded cities like Venice.

It's not the first

time the country has had a bid like this: In 2016, it was announced that tourism to Cinque Terre (a UNESCO world heritage site) would be controlled by having visitors buy Cinque Terre cards, which allow access to the site, though the number of available cards per day would be limited (it's not neces-

sary to purchase a ticket to enter, but it is encouraged).

And in 2015, stone houses in rural parts of the country were similarly auctioned off (that time for a steep €1) to stimulate growth in severely underpopulated regions. The full list of properties is available at agenziademanio.it.

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2017 NBA mock draft: Version 2.0



JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

We are exactly two weeks away from the 2017 NBA draft at the Barclays Center, which means it's time to start predicting how the dominoes could fall on June 22.

1	 Boston Celtics Markelle Fultz, PG Washington	11	 Charlotte Hornets Lauri Markkanen, PF Arizona	21	 OKC Thunder Rodions Kurucs, SF Barcelona
2	 Los Angeles Lakers Lonzo Ball, PG UCLA	12	 Detroit Pistons Zach Collins, PF/C Gonzaga	22	 Brooklyn Nets Harry Giles, C Duke
3	 Philadelphia 76ers Jayson Tatum, SF Duke	13	 Denver Nuggets OG Anunoby, SF/PF Indiana	23	 Toronto Raptors Isaiah Hartenstein, PF/C Zalgiris
4	 Phoenix Suns Josh Jackson, SF Kansas	14	 Miami Heat Donovan Mitchell, SG Louisville	24	 Utah Jazz Jonathan Jeanne, C Nancy (France)
5	 Sacramento Kings De'Aaron Fox, PG Kentucky	15	 Portland Trail Blazers Jarrett Allen, C Texas	25	 Orlando Magic D.J. Wilson, PF Michigan
6	 Orlando Magic Dennis Smith, PG North Carolina State	16	 Chicago Bulls Luke Kennard, SG Duke	26	 Portland Trail Blazers Tyler Lydon, SF/PF Syracuse
7	 Minnesota Timberwolves Jonathan Isaac, SF/PF Florida State	17	 Milwaukee Bucks John Collins, PF Wake Forest	27	 Brooklyn Nets Ivan Rabb, PF/C California
8	 New York Knicks Malik Monk, SG Kentucky	18	 Indiana Pacers Ike Anigbogu, C UCLA	28	 Los Angeles Lakers Bam Adebayo, C Kentucky
9	 Dallas Mavericks Frank Ntilikina, PG France	19	 Atlanta Hawks Justin Patton, C Creighton	29	 San Antonio Spurs Anzejs Pasecniks, C Gran Canaria
10	 Sacramento Kings Justin Jackson, SF North Carolina	20	 Portland Trail Blazers T.J. Leaf, PF UCLA	30	 Utah Jazz Terrance Ferguson, SG Adelaide



Giants wide receiver Odell Beckham Jr. is missing organized team activities because he wants a new contract. GETTY IMAGES

Beckham Jr. missing OTAs because he wants new deal

The mercurial pass catcher is looking to sign a new contract with the Giants before the 2017 regular season kicks off in September



JOE PANTORNO
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At least New York Giants fans have received a straight answer as to why Odell Beckham Jr. has not shown up to OTAs during the offseason.

On Wednesday, ESPN's Adam Schefter reported that Beckham has been a no-show because he wants a new contract.

Neither Beckham nor his representation have confirmed the reports, but Beckham did retweet an article containing a video of Schefter defending the wide receiver's decision to skip OTAs, stating that he shouldn't go until a new contract is in his hands.

The Giants recently picked up Beckham's fifth-year option on his rookie deal, ensuring that he stays with the team throughout the 2018 season.

However, he is making just \$1.8 million this year before his salary bumps up to \$8.4 million for the final season of his deal.

To offer some comparison, Cincinnati Bengals target A.J. Green is making over \$10 million in each of the next three seasons while Atlanta Falcons pass catcher Julio Jones is in the midst of a five-year, \$71.2 million deal, the richest of any receiver in the NFL.

Beckham will make just \$10.4 million in his first four years despite being one of the most explosive playmakers in the league. His first three years have resulted in three Pro Bowls, amassing at least 90 catches, 1,300 yards and 10 touchdowns each time.

But his antics both on the field and off have presented the Giants with some reservations,

naturally.

Over his last two seasons, we've seen an embarrassing rivalry with Washington Redskins cornerback Josh Norman, a breakup and makeup with a kicker's net and a well-publicized Miami boat trip with Justin Bieber before the 2017 NFC wild-card game, just to name a few.

Still, Giants owner John Mara told the media that he wants Beckham to stay with the team for his entire career (h/t Art Stapleton, The Record).

Rightfully so, too.

The Giants have never had a receiver with this kind of skill set and playmaking ability. The NFL really hasn't seen many pass catchers like this, either.

That in no way is an excuse for him to act immaturely and tarnish the Giants' reputation. However, Big Blue would rue showing a generational talent like this the door if he hits free agency in 2019 and it would haunt them for the next century.



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THE HARD, SIMPLE REALITY OF THE JETS CUTTING DAVID HARRIS

OPINION

KRISTIAN DYER

@KristianRDyer

Tuesday was a sad day for the New York Jets, who cut stalwart linebacker David Harris. A sad day, yes, but a day that Jets fans must hope points to a bright future.

Harris is one of a handful of players from those Rex Ryan conference championship teams that likely will be in the team's Ring of Honor someday, probably flanked by names such as Nick Mangold, D'Brickashaw Ferguson and Darrelle Revis.

There's no question that he deserves to be up there. The entirety of his decade in the NFL to date was spent in the green and white of this team,

a quiet and yeomanlike warrior who spoke little but left it all out on the field every day.

He perhaps didn't draw the media attention of a Revis or the accolades of the other stars on those very good teams. But what Harris did was produce as well as any middle linebacker in the league over the past decade.

That the Jets cut him in June was no indictment on him as a man, as his character was among the best to ever grace a professional locker room. And it isn't a slight on the field either as Harris will certainly sign and contribute elsewhere. He still has the goods to play and be an integral part in nearly any defense in the NFL — his 62 tackles last year far were from his career pinnacle, but certainly were not bad

numbers either.

But these Jets, well, they are in complete rebuild mode. They've made room this offseason with cuts to Mangold and Revis, waving goodbye as well to the likes of wide receiver Brandon Marshall and quarterback Ryan Fitzpatrick. Now wide receiver Eric Decker looks like he is next on the chopping block.

These are the types of days that Jets fans must suffer through now, the cutting of favorites with links to glory days. But if those glory days are to return, then simply put, the stars of yesterday can't be a part of this team moving forward.

Now this team belongs to Leonard Williams and Jamal Adams and whoever the Jets draft to be their next franchise quarterback when their two wins



David Harris' release might hurt Jets fans now, but it will be worth it if they are a contender in a few years. GETTY IMAGES

But this move, as with prior decisions with Revis and Mangold, is all about 2018 and beyond. The Jets are going to have plenty of money as some estimates are putting the total at nearly \$90 million in salary cap space heading into next offseason. The decision on Tuesday to cut a starting linebacker certainly factors into that.

It wasn't easy for the Jets to do. No one was more loyal to the Jets than Harris, his style and temperament perfect for a team seemingly always in the throes of transition. But in this business, the cold reality is that it was entirely necessary as the Jets were left with no other decision but to cut Harris.

A day drenched in emotion, yes, but also with hope. If the Jets get this latest rebuild right then it was worthwhile.

next season guarantees them one of the top selections in the NFL draft.

That Harris won't have won a Super Bowl

with the Jets is a shame, but perhaps he can find this deserved glory with another playoff contender for a few years.

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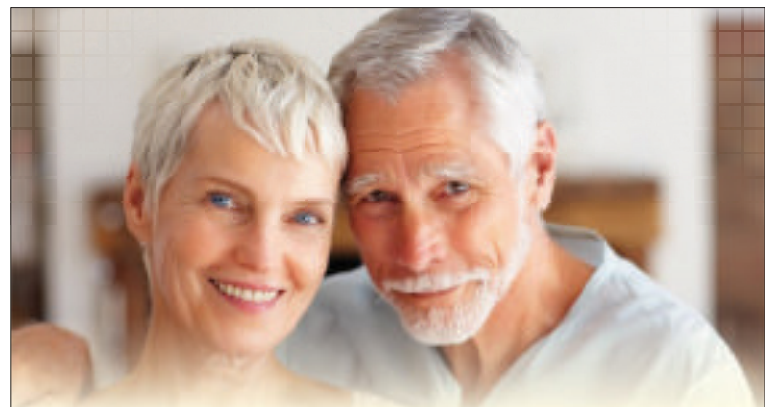
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MAKE THE NBA GREAT AGAIN

OPINION

SID ROSENBERG
@sidrosenberg

For the third year in a row, the NBA Finals features the Golden State Warriors and the Cleveland Cavaliers — and to be quite honest, it is getting boring as hell.

Don't get me wrong, the Cavs and the Warriors are obviously the two best teams in the league, but things have become so predictable that it is becoming almost unbearable to watch.

Even "NBA on TNT" analyst Charles Barkley has made the observation that the NBA Finals "have not been good" and even went as far as to say the NHL Stanley Cup Finals "have been amazing."

I have to agree with Chuck on this one. The NBA playoffs, in general,



Metro columnist Sid Rosenberg believes the NBA playoffs are lacking any sort of parity, feature whiny players and poor officiating. GETTY IMAGES

have been a series of blowouts and stale games that have left fans heading for the exits early. Does Adam Silver think that is good for the league to have such lopsided games between its best teams?

For one, something needs to be done about

the refereeing.

Home teams in the NBA have such an advantage when it comes to how the referees call the game, whether you want to believe it or not.

There needs to be a better balance. The referees need to bite the whistle and call a

more even game. Players know that they can bait refs into making bad calls and the refs need to open their damn eyes and make calls based on their training.

Some of the fouls that are called in NBA today are astonishing. The players are duping

refs into making terrible calls and it's embarrassing for the game.

But it's not all about the referees. A lot of it has to do with the mentality of today's NBA player and the "superstar" dynamic.

Let's take LeBron James for example. The

majority of the time, he plays the role of a lieutenant in the Army and the rest of his teammates are his soldiers.

It's a team solely focused on showcasing the talents of one player and hoping that he can overpower the opposition. It makes the team one-dimensional and if the opponent can work as a cohesive unit, LeBron can, for the most part, be defended.

I don't know if there is any real answer to this problem of unwatchable, egotistical basketball but I hope that NBA front offices start to realize that what is happening right now is hurting the game.

And a quick note, if you enjoyed this read make sure to catch me this Saturday on CBS Sports Radio from 2 to 6 p.m. I will be taking your calls and will be more than happy to discuss all of your questions and comments on the air.

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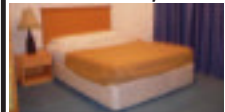
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/games

Across

1 KP tool
6 Party animals?
10 Skiing mecca
14 "Someone Like You" singer
15 Montand of film
16 Sgt. Snorkel's dog
17 Unspoken
18 Jaunty
19 Outer garment
20 Rescue squad mem.
21 Improve upon
23 Sedaka and Simon
24 Old war story
26 Postpone
27 Gasoline rating
29 Wallops
31 Cold-shoulder
32 Jungian term
33 Width of a cir.
36 Beef (3 wds.)
40 Have a mortgage
41 Chief followers
42 Discreet summons
43 Molts
44 Sitting –
46 Chops fine
48 Madrid museum
49 Clutch, for one
50 Toucan's toenail
52 Road map info
55 "– never fly"
56 Sponge feature

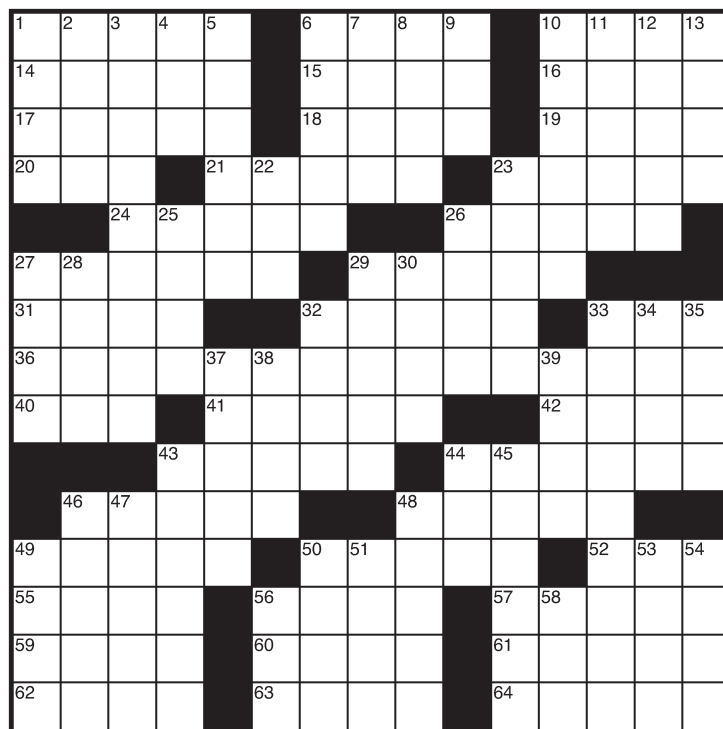
57 Croc's cousin
59 Trunk possessor
60 Long-active volcano
61 "Maria –"
62 Punch cattle
63 Care for a bed
64 Uses a howdah

Down

1 Crown of the head
2 Comic – Sandler
3 Ethics
4 Cotton gin name
5 Memorize
6 Overpraised
7 Steady
8 Dweeb
9 Mach
3 flier

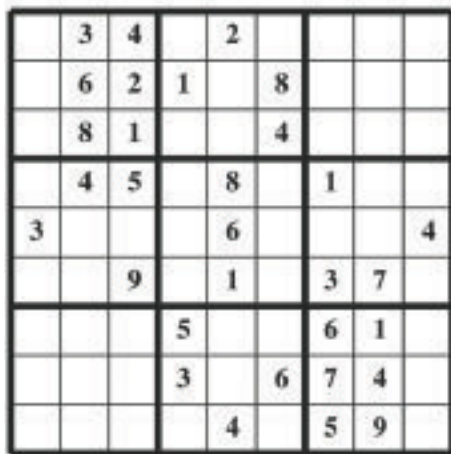
10 U and I
11 Posh hotel lobbies
12 Where Pisa is
13 Prunes a hedge
22 Fannie –
23 Hindu kingdom
25 Ger. or Fr.
26 Calm the fire
27 European capital
28 Chuck-wagon meal
29 Haughty types
30 Margarita ingredient
32 It turns litmus red
33 Twisted the facts
34 Prof.
35 Courtroom fig.
37 Lionel's sister
38 Aphrodite's lover
39 Parroted
43 Climbed
44 Quid – quo
45 Wilderness cop
46 Raison –
47 Clock watcher
48 Entreat
49 – helmet (safari wear)
50 Schlep along
51 "Rosamond" composer
53 Firm up
54 Gaslight and Big Band
56 Hard bench
58 – Baba
61 Gaelic singer
62 Dim sum additive

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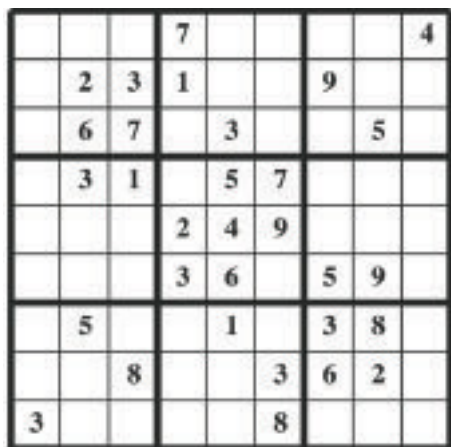


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Use your experience, knowledge and intellect to negotiate on your own behalf. An unexpected proposal will bring in extra cash. Book some vacation time with a loved one.



Taurus Avoid an emotional dispute by facing troublesome situations before they escalate. Common sense and compromise will help tame any trouble that's brewing.



Gemini Business ventures are best handled without emotion. You must have a clear view of what's happening if you want to emerge with the highest return.



Cancer Don't bottle up your feelings. If you let a situation fester, you will end up over-reacting or doing something uncalled for. Don't get angry if you want to succeed.



Leo Offer to do your part, but don't let anyone talk you into taking on their responsibilities. Getting trapped in someone's melodrama will lead to conflicts and deception.



Virgo Emotional problems will surface if you are disenchanted about a partnership or collaborative project. Be honest, diplomatic and ready to suggest impartial solutions.



Libra A short trip or a meeting that addresses questions you've been laboring over will help you make a tricky decision. Plan your action and make your move.



Scorpio Test your stamina. Take on a challenge, strengthen your physique and enhance your appearance. A healthy attitude will be noticed and complimented.



Sagittarius A friend or co-worker will disappoint you. Keep personal information a secret to avoid being manipulated. Problems will result from dishonest communication.



Capricorn Emotional issues regarding a contract or personal financial matter will surface. Walk away from a venture if it doesn't feel right. You will do better on your own.



Aquarius Showing your intelligence and clearly and emotionally expressing what you want to see happen will win you favors and support. Be yourself.



Pisces Emotional discussions will leave you feeling uncertain. Don't make a move until you are sure that the information you've been given is reliable. **EUGENIA LAST**

Yesterday's answers



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dubbed the "shark tank" of cannabis

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New York State Legislative Panel on Adult Use

Legislative Panel to feature a conversation between elected officials and advocates on legalizing adult use in New York State. Panel includes former County Executive Joel Giambra, State Assemblywoman Crystal Peoples-Stokes, State Senator Liz Krueger, MPP Counselor Kate Bell, and Denver Director of Marijuana Policy Ashley Kilroy.

JUNE 14: ADD-ON WORKSHOPS



Comprehensive Medical Cannabis and Cannabinoid Training Healthway Education Systems

Comprehensive curriculum in Clinical Cannabinoid Medicine designed to educate healthcare professionals, patients, and industry professionals on the clinical science of cannabinoids and medical cannabis.

Open a Cannabis Business

Clover Leaf University

Learn the A to Z of the cannabis industry. From identifying opportunities and writing competitive license applications to creating an efficient operational infrastructure and maintaining compliance.

Hemp MBA in a Day

Canna Pro Series

If you are an investor, farmer, professional, technology developer, entrepreneur, or an advocate for economic development that does not compromise people, come see what you are missing in the hemp industry.

Following the Money in Cannabis: Where and How to Invest in the Cannabis Industry and Raise Capital for Your Cannabis Business

Viridian Capital Advisors

For investors and entrepreneurs, this workshop will educate and provide insight into which sectors of the industry are attracting the most capital and how to take hold of that capital to grow your own business or investments in the cannabis industry.

JUNE 15 & 16: OVER 70 CONFERENCE SESSIONS INCLUDING

How to Enter the Industry if You're New

Land a Career in the Cannabis Industry

Seasoned Investors: Let's Talk Money!

Vetting Your Investors

Edibles Go Pro

Vertically Integrated Seed-to-Sale

Creating Your Own Cannabis Brand

Finding Rewards in a Risky Environment

Real Estate in the Cannabis Industry

Legal Threats to the Cannabis Industry

Proper Dosing Protocols for Medical Patients

Cannabinoid Therapeutics

Women in Cannabis

Running a New York Dispensary

PTSD & CBD: What You Need to Know

Impurities and Quality Control

The Marijuana Landscape: Let's Talk Diversity

Emerging Technologies

Man vs. Machine: Who Trims Best?

Building Your Cannabis Security Plan

Into the Unknown

Operating Procedures and Facility Design

Why Cannabis Builds Fail

Hold the Weed: Industrial Hemp Processing

JUNE 17: POST-SHOW ADD-ON WORKSHOP

The Art of the Cannabis Sommelier: Interpening

Trichome Institute

Let the Trichome Institute walk you through a mind-blowing presentation on the complexities of Interpening your cannabis. Interpening covers the dissection of cannabis quality and how to see and smell the psychotropic effects with just the senses.

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Roger Stone



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Presidents Trump, Nixon,
and Reagan, Long-time Advocate
for Marijuana Reform

Senator Diane Savino

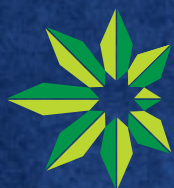


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